

# Online Health, PE1, PE2

\*ALL LISTED TOPICS WILL HAVE STUDENT WORK EXAMPLES THAT CANNOT BE INCLUDED IN THIS DOCUMENT

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I started teaching in 1992

Olentangy Local Schools 1996-present

I've been teaching online courses for 15+ years via firstclass and schoology

Why online? In person is best but online is a good option.

Q&A anytime throughout the presentation! The goal is to help you with your online teaching at whatever comfort level you are currently experiencing:)

## Online course Housekeeping

Contract

All about me video

Organization

Regular due dates

Weekly grade reports

One platform for submissions

Late work policy

Communication

## Physical Education

### ACTIVITY LOGS

Discuss various parts of the log and their significance.

### FITNESS TESTING

Pre test

Goal setting

Mid point check

Targeted assignments

Post test

Rubric for grading

How to use fitness testing for HQSD on evaluations

## HEALTH

Discussion posts

Edpuzzles

Video creation

Apps

CPR

## AI HELP

magicschool

driffit

Ideagram

\*IEP/504/ELL/opt out

Q&A

THANK YOU:)

|                                  |              |                          |  |                               |  |
|----------------------------------|--------------|--------------------------|--|-------------------------------|--|
| <b>M<br/>O<br/>N</b>             | Date (When?) | Activity(what did I do?) | Time in activity and activity type (how long did I do this?)<br>Fitness:<br><br>Sport: | Location of activity (where?) | How did you feel before the activity?<br><br>How did you feel after? |
| <b>T<br/>U<br/>E<br/>S</b>       | Date<br>none | Activity                 | Time in activity<br>Fitness:<br><br>Sport::  | Location of activity          | How did you feel before the activity?<br><br>How did you feel after? |
| <b>W<br/>E<br/>D<br/>S</b>       | Date         | Activity                 | Time in activity<br>Fitness:<br><br>Sport:   | Location of activity          | How did you feel before the activity?<br><br>How did you feel after? |
| <b>T<br/>H<br/>U<br/>R<br/>S</b> | Date         | Activity:                | Time in activity<br>Fitness:<br><br>Sport:   | Location of activity          | How did you feel before the activity?<br><br>How did you feel after? |
| <b>F<br/>R<br/>I</b>             | Date         | Activity                 | Time in activity<br>Fitness:<br><br>Sport:   | Location of activity          | How did you feel before the activity?<br><br>How did you feel after? |
| <b>S<br/>A<br/>T</b>             | Date         | Activity:                | Time in activity<br>Fitness:<br><br>Sport:   | Location of activity          | How did you feel before the activity?<br><br>How did you feel after? |

|  |   |  |  |                              |  |
|--|---|--|--|------------------------------|--|
| <b>S<br/>U<br/>N</b>                         | <b>Date</b>   | <b>Activity:</b>   | <b>Time in activity</b><br>Fitness:<br><br>Sport:  | <b>Location of activity:</b> | How did you feel before the activity?<br><br>How did you feel after? |
| <b>S<br/>U<br/>M<br/>M<br/>E<br/>R<br/>Y</b> | Supervisor(Who knows I did this week's activity?)<br>Name:<br>Phone or email: | Place <b>total hours, in each category, for <u>this week</u></b> ,<br><br>over here →<br><br>Place <b><u>SEMESTER</u> total hours, in each category</b> ,<br><br>over here → | <b>WEEKLY TOTALS</b><br>Fitness:<br><br>Sport:<br><br><b>SEMESTER TOTALS</b><br>Fitness:<br><br>Sport: |                              | <b>Overall, how did your workouts make you feel this week?</b>       |

|                                  |                     |                                 |   |                                      |   |
|----------------------------------|---------------------|---------------------------------|---|--------------------------------------|---|
| <b>M<br/>O<br/>N</b>             | <b>Date (When?)</b> | <b>Activity(what did I do?)</b> | <b>Time in activity and activity type (how long did I do this?)</b><br>Fitness:<br><br>Sport: | <b>Location of activity (where?)</b> | How did you feel before the activity?<br><br>How did you feel after?<br><br>Who did you workout with? |
| <b>T<br/>U<br/>E<br/>S</b>       | <b>Date</b>         | <b>Activity</b>                 | <b>Time in activity</b><br>Fitness:<br><br>Sport::  | <b>Location of activity</b>          | How did you feel before the activity?<br><br>How did you feel after?<br><br>Who did you workout with? |
| <b>W<br/>E<br/>D<br/>S</b>       | <b>Date</b>         | <b>Activity</b>                 | <b>Time in activity</b><br>Fitness:<br><br>Sport:   | <b>Location of activity</b>          | How did you feel before the activity?<br><br>How did you feel after?<br><br>Who did you workout with? |
| <b>T<br/>H<br/>U<br/>R<br/>S</b> | <b>Date</b>         | <b>Activity:</b>                | <b>Time in activity</b><br>Fitness:<br><br>Sport:   | <b>Location of activity</b>          | How did you feel before the activity?<br><br>How did you feel after?<br><br>Who did you workout with? |
| <b>F<br/>R<br/>I</b>             | <b>Date</b>         | <b>Activity</b>                 | <b>Time in activity</b><br>Fitness:<br><br>Sport:   | <b>Location of activity</b>          | How did you feel before the activity?<br><br>How did you feel after?<br><br>Who did you workout with? |

|                      |   |  |  |   |   |
|----------------------|---|--|--|---|---|
| <b>S<br/>A<br/>T</b> | <b>Date</b>   | <b>Activity:</b>   | <b>Time in activity</b><br>Fitness:<br><br>Sport:  | <b>Location of activity</b>                       | How did you feel before the activity?<br><br>How did you feel after?<br>Who did you workout with?     |
| <b>S<br/>U<br/>N</b> | <b>Date</b>   | <b>Activity:</b>   | <b>Time in activity</b><br>Fitness:<br><br>Sport:  | <b>Location of activity:</b>                      | How did you feel before the activity?<br><br>How did you feel after?<br><br>Who did you workout with? |
|                      | Supervisor(Who knows I did this week's activity?)<br>Name:<br><br>Phone or email: | Place total hours, in each category, for <u>this week</u> and semester totals<br><br>over here → | <b>WEEKLY TOTALS</b><br>Fitness:<br>Sport:<br><br><b>SEMESTER TOTALS</b><br>Fitness:<br>Sport: | Workouts with others and alone<br><br>over here → | Number of workouts completed with others:<br><br>Number of workouts completed alone:                  |